

Guangyang Secondary School

2023 Secondary 3E Nutrition & Food Science Semester Plan 1 (Updated on 5 Jan 2023)

Term(T) Week(W)	Lesson		Remarks
T1W1 [2 – 6 Jan]	-	-	1 st week of School
T1W2 [9 – 13 Jan]	Admin	Setting Classroom Expectations (TSR) Introduction to NFS & Syllabus	
	Theory	Unit 1: Carbohydrates	
T1W3 [16 – 20 Jan]	Theory	Unit 2: Fats Unit 3: Proteins	Fri 20/1: Sch. Celebration for CNY
T1W4 [23 – 27 Jan]	Practical (Thu)	Chocolate Chip Cookies	Mon 23/1 & Tue 24/1: CNY Practical → 1000 – 1130h (Bring Apron, towels, food container, plastic bags x 5*) *For Sem 1
T1W5 [30 Jan – 3 Feb]	Theory	Unit 4: Vitamins	
T1W6 [6 – 10 Feb]	Theory	Unit 4: Vitamins	Practical → 1000 – 1130h (Bring Apron, towels, food container)
	Revision	Revision for WA1	
	Practical (Thu)	Curry Baked Rice	
T1W7 [13 – 17 Feb]	WA1 (Mon)	Units 1, 2, 3 & 4	Wed 15/2: Sch. Celebration for Total Defence Day
	Theory	Unit 5: Minerals	
T1W8 [20 – 24 Feb]	Theory	Unit 6: Water & Dietary Fibre	Practical → 1000 – 1130h (Bring Apron, towels, food container)
	Practical (Thu)	Investigative Work: Regular VS Low-calorie Muffins	
T1W9 [27 Feb – 3 Mar]	Theory	Completion of Investigative Work (Worksheet)	Practical → 1130 – 1300h (Bring Apron, towels, food container)
	Practical (Thu)	Korean Seafood Pancakes	
T1W10 [6 – 10 Mar]	Theory	Unit 7: Diet & Health Problems Unit 8: Diet & Meal Planning	WEALTH week (TBC)
Term Break			
T2W1 [20 – 24 Mar]	Theory	Unit 8: Diet & Meal Planning	<ul style="list-style-type: none"> Discussion of Grp Work Bring PLDs for Grp Work
	Grp Work		
T2W2 [27 – 31 Mar]	Grp Work	Unit 8: Diet & Meal Planning	Presentation of Grp Work (Mon, Tue) Practical → 1000 – 1130h (Bring Apron, towels, food container)
	Practical (Thu)	Banana Pie (SCP)	
T2W3 [3 – 7 Apr]	Grp Work	Unit 8: Diet & Meal Planning	Fri 7/4: Good Friday Presentation of Grp Work (Mon – Standby date) Start of WA2 (Coursework)
	Coursework (WA2)	RESEARCH	
T2W4 [10 – 14 Apr]	Coursework (WA2)	RESEARCH DECISION MAKING	Practical → 1000 – 1130h (Bring Apron, towels, food container)
	Practical (Thu)	Chili Crab Quiche	

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T2W5 [17 – 21 Apr]	Coursework (WA2)	DECISION MAKING:	<i>Fri 21/4: Eve of Hari Raya Puasa</i>
	Coursework (WA2)	INVESTIGATION (PLAN) • Planning session (DRAFT)	
T2W6 [24 – 28 Apr]	Coursework (WA2)	INVESTIGATION (PLAN) • Planning session (DRAFT)	<i>Mon 24/4: Sch Hol in lieu of Hari Raya Puasa</i> Practical → 1000 – 1130h (Bring Apron, towels, food container)
	Coursework (WA2)	INVESTIGATION (CONDUCT) Practical for Food Sc Experiment Session 1 (Thu)	
T2W7 [1 – 5 May]	Coursework (WA2)	INVESTIGATION (CONDUCT) Practical for Food Sc Experiment Session 2 (Thu)	<i>Mon 1/5: Labour Day</i> <i>Fri 5/5: Commendation Day</i> Practical → 1130 – 1300h (Bring Apron, towels, food container)
	Coursework (WA2)	INVESTIGATION (PLAN) • Planning session (FINAL)	
T2W8 [8 – 12 May]	Coursework (WA2)	DECISION MAKING: Report Writing (FINAL)	<i>All WA2 to be completed by Friday</i>
T2W9 [15 – 19 May]	Coursework	INVESTIGATION (APPLY)	
T2W10 [22 – 26 May]	Theory	Unit 9: Methods of Cooking	<i>Fri 26/5: PTC</i>